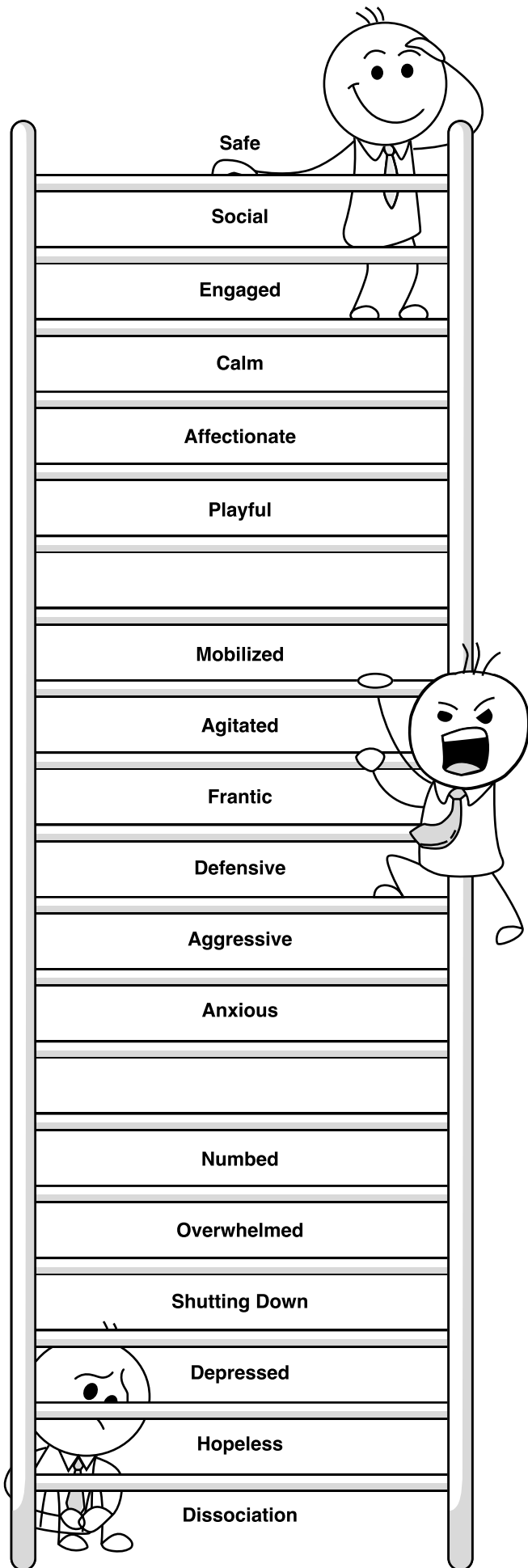


Polyvagal Ladder



Where are you on the ladder?

Ventral Vagal

We feel safe, calm, and connected when we're in this state. We can think clearly, communicate effectively, and engage in social behaviors.

Sympathetic Nervous System

When we're in this state, our heart rate increases, our muscles tense, and we become more alert.

Dorsal Vagal Complex

In this state, we might feel numb, disconnected, or dissociated. This survival mechanism can help conserve energy and reduce pain in dire circumstances.